

Woman's Page

How to Fight the High Cost of Living

Standard Cake Contest—Decoration Day Dinner—Need of Rest—
Well Planned Rest and Well Planned Work of Equal Value—
Recipes.

COTTOLINE CAKE CONTEST

The best cake for the least money is what the Standard is looking for. We are offering a number of prizes for the best cake made according to the following recipe. Of course, Cottoline must be used.

One-Egg Cake.

One-third cup Cottoline, one cup sugar, one egg, one teaspoon vanilla, one-half teaspoon soda, one teaspoon cream tartar, two cups flour, one cup milk.

The above recipe is said to be for the most economical cake that can be made, and be cake, if made according to the following directions: Rub the Cottoline and sugar to a light cream; add the well-beaten yolk of egg and vanilla. Mix together the soda, cream of tartar and flour, and stir into the sugar mixture alternately with the milk. Add the well-beaten white of egg last. Bake in a shallow pan in a moderate oven about half an hour. Two level teaspoons of baking powder may be used instead of the soda and cream of tartar.

To the ladies that can bake the best cakes from the above recipe we will give:

First prize—One set 36 pieces dinner set.

Second Prize—One dinner set of 33 pieces.

Third Prize—One porcelain percolator coffee pot, cream and sugar dish.

Fourth Prize—The first twenty-five paid up subscribers of the Standard that will apply at the Standard Business Office on or before May 31st and agree to make a cake according to the above recipe and exhibit it at the Standard office on June 7, 1913, will each receive free, one four-pound can of Cottoline.

There you are, can you afford to try it? A real cake can be made for just about 15 cents and have the best of everything used in the cake. How many wives find it hard work and a drudgery to make a cake? How many cannot make a cake? If you want to make cake-making a pleasure, get in on this contest. It costs nothing to get the four-pound can of Cottoline free and try your luck. You can experiment several times and profit by experience before the exhibit takes place on Saturday, June 7th, at 3 o'clock.

DECORATION DAY DINNER.

There is no "farm dinner" better suited to being made into a company affair than that of Decoration day. The whole outdoor world furnishes its color-scheme, and flowers can be used lavishly, without that haunting fear of expense that comes to the city woman of limited income.

A table with a large shallow glass dish filled with violets, peach and cherry blossoms for centerpiece and with a tiny "individual" bunch of these blossoms at each place, certainly is symbolic of the red, white and blue of this day of memories. The menu can easily be worked out in red and white, and the following will be found very satisfactory. If the chicken, cakes and gelatin are prepared in the morning this can be served in the evening without very much effort, and without any great pile of cooking things to wash.

(1) Tomato Soup Whipped Cream Stuffed Crackers

(2) Pressed Chicken Potato Puffs Creamed Cauliflower Kidney Beans Buttered Rolls Currant Jelly Coffee

(3) Beet and Cottage Cheese Salad Wafers (or Sandwiches)

(4) Red Gelatin Snowball Cakes

By including the salad with the meat course a three-course dinner may be served. In that case omit the sandwiches served with the salad. Make the soup and just before serving add a tablespoonful of slightly salted whipped cream to each cup of plate.

The crackers are prepared by using various sandwich fillings between reception flakes or square crackers. For this dinner serve tomato and pimiento fillings.

Make a stiff boiled salad dressing; chop just enough pimiento and tomato into it to make it red; spread lightly on hot wafers, and serve at once.

The chicken is nicest if molded in a square mold which had slices of hard boiled egg in the bottom. Turn this out on lettuce leaves, and slice at the table.

If cauliflower is not obtainable use a very white cabbage instead. Soak either vegetable in salted water one hour. Parboil in salted water till tender. Drain. Pour over it a white sauce made of one cupful of cream, one tablespoonful of butter and one tablespoonful of flour. Beat this smooth before adding. Let all boil up together a few minutes.

If dry beans are used, soak overnight, and cook slowly to make them keep their shape. Add only salt and

Save Time!

Time lost because of headaches, lassitude and depressions of biliousness, is worse than wasted. Biliousness yields quickly to the safe, certain home remedy—

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ONE 'FRISCO SOCIETY GIRL IS CLEARED OF SMUGGLING CHARGE; ANOTHER FINED



Miss Agnes Tillman.

The case against Miss Agnes Tillman, the San Francisco society girl, charged by United States custom authorities with having smuggled a large amount of wearing apparel and jewelry into this country, has been dropped. She convinced the authorities that her failure to declare on much of the goods which she brought to America from abroad was due to ignorance of the law.

Miss Tillman's aunt, Mrs. Agnes Mangels, also a San Francisco society woman, was less successful. She was required to pay a fine of \$2,000. She and Miss Tillman were companions on the same boat.

COMMENCEMENT WEBER ACADEMY

Interesting Program, During Which Diplomas Are Presented to Graduates—Principal W. W. Sanderson Reviews the History of the Academy—Addresses by Graduates—Music a Feature of the Entertainment—Young People Are Congratulated.

The fourth event during the past week in which the class of '13 have been signally honored, and the climax of their school life occurred last night at the Weber academy, when, at the close of the twenty-fifth annual commencement exercises, twenty-seven young men and ladies from Ogden and thirty from outside towns, splendid student types, received their certificates of graduation.

The exercises began at 8:30 when, to the strains of the Kaiser Frederic March, played by the Academy orchestra, and amid the applause of their friends in the crowded auditorium the 57 graduates marched in and occupied the seats reserved for them.

The program was conducted under the direction of Principal W. W. Sanderson and the invocation was offered by President Charles F. Middleton. George Douglas, the popular local tenor, in good voice, then gave a beautiful rendition of the song, "Within Your Eyes, Dear," which was followed by the report of Principal Sanderson. The report was given in a clear and forceful manner and was frequently applauded.

What the Academy Offers. Speaking of the educational advantages possessed by the academy, Principal Sanderson summarized as follows:

The organization and control of the institution. The purpose for which it was founded and the aim which it constantly maintains.

The remarkable growth which it has made and its adaptation to the demand for vocational training.

The splendid equipment which it possesses. The special activities with which it concerns itself.

Its well controlled system of amusements. The lecture course maintained in connection with it.

The great number of courses open to the option of the students. The high class faculty of men and women of great character and scholarship.

The ever growing popularity of the school as indicated by its rapidly increasing enrollment.

Its high efficiency is indicated by its many victories in contest. And the splendid testimonials of the leading educators of the state.

Morgan McKay and Pearl Grover of the class of '13, in their respective orders, following the principal's address, delivered the following excellent addresses, descriptive of the practical value of the modern system of vocational and normal education:

Address by Morgan McKay. "One of the first tasks our pioneer forefathers undertook after coming to this country was the establishment of a school system. In every small community one would find the little one-roomed log school house, where the children of all ages were taught the three R's, Reading, Riting and Rithmetick, as they sat upon hard benches made of upturned staves. Here the smaller pupils would listen to the recitations of the older ones and in this way learn more than they would out of their own books. Then education consisted of reading from books, principally the Bible, writing upon slates and doing a little simple ciphering. Some of the teachers were severe men who believed in reaching the child through his skin rather than his mind.

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us consider the wood lathe. The wood is cut into the required lengths, placed in position and the machinery set in motion. Thus far the process is very simple, nearly any unskilled hand can do this part of the work. But when the chisel is being used it requires the utmost skill. The hand must be steady and the chisel must be held in place accurately for the least variation and the piece of work is spoiled. Who is there who would not be better off for this practical training. It makes the careful steady hand so needed by surgeons and officers recreation for the tired lawyer and business man.

"But even this training might have been secured in some other way. So this is not the only reason why industrial training was introduced into our schools. A few years ago manual labor such as farming and other occupations was looked down upon by the so-called upper class. These vocations were thought to be the work of the uneducated. The most substantial boys left the farm for school. They studied the purely intellectual subjects and were gradually weaned away from the farm and its environment. These boys would naturally follow along the business and professional lines. This left only those who were not ambitious for an education to manage and run the farms. Further discouragement was often given by some fathers who said, 'I have had no education and I get along alright, why does my boy need it?' So the most energetic boys left and the less aspiring ones remained.

"As the young men left the farm for business and professional lines the cities became over crowded. In the last fifty years the population of the cities has increased enormously while the population of the country districts has decreased proportionately. Why is it that men are seen going from house to house in the country begging for food while in the cities the farmers and tradesmen cannot find enough men to run the farms and factories. Someone has said, 'There would be no high cost of living problem to solve if the cities were not so crowded.'

"These are a few of the conditions which confronted the scientists and educators a few years ago. And among those who believed that industrial education would bring about a change in conditions were: Dr. G. Stanleigh Hall, Dr. Calvin M. Woodward, Superintendent F. C. Corral of Worcester, Mass., and Dr. Thomas M. Balliet, who established the first trade school in 1898. These people saw the need of something which would develop the practical side of life along with the mental, and thus give a broader and more perfect view of life. The struggle for its establishment was a long and hard one, for there was great opposition even among prominent men. But the fight was won and it has been demonstrated beyond a doubt that its establishment was the right beginning.

"It is a well known fact that a man even though he may be highly developed mentally, who cannot control or use his physical body is not a well educated man. The industrial training, coupled with mental training, makes a perfect education and develops harmoniously the entire body. This training gives one a chance to do practical things. A man's greatest joy comes from producing something which has never before been in the world. What a satisfaction it is to be able to take a piece of iron, wood or clay and mold and fashion it into something useful and beautiful! Who who has this training will never be looking for something to do. If his mind be tired he can turn his attention to improving things around the house, repairing a shelf, fixing the electric light, or making some useful article. Industrial education has been introduced into the country. Has it had the effect predicted by the pioneers who established it? Look at farming and farm life today. It is conducted upon a scientific basis. It is one of the most highly respected occupations a man can have. Boys leave the farm for school, but they nearly always return to apply the practical knowledge which they have gained. Business and professional men are securing farms on which to rear their families. And everywhere the efficiency of tradesmen is increasing and the wages are increasing with the efficiency.

"The ideal has by no means been reached, for there are great possibilities in this field. Think for a moment of the development of our own manual training department. Six years ago it was started with a few tools and benches but with a man at its head who had perfection for his aim and determination for his motto. Under his direction the shop has grown from a very humble beginning to a modern manual training department in every respect.

"If such a change can come about in six short years how great are the possibilities of the future. Think of the benefit that a vacation school would be to the boy who cannot leave the city for the summer. Those who have nothing to do could work at the bench and thus not only amuse themselves but be of practical benefit to their families. And this is not all, the community would be benefited; for there would be no idle brains and hence no need of juvenile courts. Not the mental or the physical alone would be developed, but the 'whole boy' would be educated and the result would be a true home builder and a perfect man."

Musical Feature. The musical feature of the program the rendition of the cantata "The Wreck of the Hesperus" followed Miss Grover's address.

This was directed by Director Joseph Hallantyne, of the Weber academy choir, assisted by Professor E. W. Nichols and the Academy orchestra, with Robert Jones as accompanist. Preceding the rendition of the cantata, Mrs. Belle Salmon Ross read the poem, "The Wreck of the Hesperus," by Longfellow.

The singing of the composition occupied about twenty minutes and was much enjoyed by all. The choruses, sung by the choir, of 125 voices, were done in a most commendable manner and the solo parts, soprano and baritone, were in the capable hands of Miss Elsie Shorten and William S. Wright.

Valedictory Address. The valedictory address was made by the former president of the student body, Jesse Cottle, whose sincere and effective manner of delivery stamped him as one of the school's best public speakers. Mr. Cottle's address followed.

"There comes a time, it seems, in the history of every class when retribution is due—when acknowledgment of those who are in a measure responsible for its success is proper.

and we, the class of '13, feel that that time in our history is now.

Of the many persons or institutions that have aided us along the pathway of life to the place at which we now stand, I wonder to which of all of them we should show the best gratitude. Should we indeed not be thankful to our kind parents at home for their watchful and tender care over us through all the critical times and periods of our lives? Should we not feel to express our thanks to our many friends who have helped us—who have perhaps spoken a cheerful or an encouraging word in time of depression or discouragement, who have given us a helping hand in time of need or who have in some other way made our course of progression brighter? May not our many teachers in school and church in the flighty years of the past be tendered our appreciation for their work of guidance? Yes, to all of these we feel that we owe a debt of gratitude.

"But yet, in addition to all these aids, as far as we are concerned, there has been a mightier influence during the past four years deserving of our thankfulness. There has been an institution moulding our characters and guiding the current of our lives; an institution but for which perhaps we should be developed to a very different degree, socially, morally and intellectually, than we are now; an institution without which we should probably before now have been out in the busy world, striving for ourselves in a lowly, narrow way and never have known the higher culture and the better and more cheerful life. And the name of this institution, students and friends, does the class of '13 pronounce with reverence, the Weber academy.

"And, as we are about to leave her, our beloved home, and go out into our several fields of occupation, we feel that it is proper and fitting at this time to express our appreciation of our school—of what she has done for us and of what she is capable of doing for others.

"As the paramount tribute we wish to pay to Weber, we say, thanks for her training in character building. As I interpret the spirit and importance of school training, character is uppermost and should be given foremost attention. The first twenty years of a person's life is the all-important character forming period. So important is this period that what one will think and do for the remainder of his life will be determined very largely by what he has thought and done in his youth. If this be the fact, should it not be the duty of the schools to guard morals and develop character?

"And are not the young people badly in need of such training? Why, everywhere the young people are growing up and reaching maturity without regard for respect and morals. Notice the boys of our town. Walk down 25th street and you will not need to go far to find young boys smoking, using profane language or doing something else worse. Investigate for yourselves and you will find moral conditions among Ogden's young people that will astound you.

"Did you notice the report in the Herald-Republican of May 6 of our own capital city? Big headlines read thus: 'Special investigators find vice in many of Salt Lake's cafes and rooming houses.' According to the social service commission of the Episcopal church of that city, nine disorderly resorts are in operation which have been exposed and the names of eighteen more places are being checked over again before publication.

Eckman's Alternative has been proven by many years' test to be efficacious in cases of severe Throat and Lung Affections, Bronchitis, Bronchial Asthma, Stubborn Colds and in upbuilding the system. Does not contain narcotics, poisons or habit-forming drugs. For sale by A. R. McIntyre, The Badcock Pharmacy, 711 Carr, Colley Drug Co., Marshall Drug Co., Cave Drug Co. and other leading druggists. Write the Eckman Laboratory, Philadelphia, Pa., for booklet telling of recoveries and additional evidence.

lishing. This report was corroborated a few days later by the county officers, who desired to ascertain for themselves the moral conditions of the young people of their city.

"Here are a few statements taken from their report: 'Deploable conditions of moral depravity exist under the very noses of the police and city administration in Salt Lake; children are being lured to ruin in the worst type of dives, and immorality is running riot in chili parlors, cafes and like resorts throughout the city. In these places children from one to 15 years of age were seen accompanied by persons who appeared to be their parents. In one resort a little girl not more than five or six years of age was out on the floor dancing around with half-drunken young fellows while the child's mother sat at a table drinking and applauding. Over in another corner sat a party of young men and women, all drunk, howling songs to the tune of a ragtime piano player.' 'Why, students and friends, if such conditions continue to exist and grow, what will eventually become of us? Not far in the future, I fear, I see the awful fate of the great Rome awaiting us—as when she by forgetting the higher duties of life and the noble position of women, fell from the splendor and power of the victor to the sorrow and degradation of the fallen and vanquished.

(Continued on Page Eight.)

Benefited Many Who Had Lung Trouble

Those who suffer from Lung Trouble are generally troubled with night sweats, fever, loss of strength and little or no appetite. Eckman's Alternative is a medicine which has been most successful in stopping night sweats, reducing fever and promoting appetite, and many who have used it declare it saved their lives. Investigate what it did in this case.

"Dear Sir: For four years I was troubled with cough, which gradually became worse. I had night sweats and pains in my chest. I was losing my appetite and had become so thin and weak I could not attend to my household duties. A physician pronounced my disease Consumption. Not being satisfied, I was examined by the physicians of the Polyclinic Hospital. They also confirmed my trouble and I was ordered away for treatment. My nephew would not allow me to go until I had tried Eckman's Alternative. Before I had taken the medicine three weeks, I had marked relief, night sweats ceased, pain in the breast relieved, cough became loose and easy, fever left me and I commenced getting well. My health became normal. I am in excellent health now and have been for twelve years. I strongly recommend it."

(Signed) (MRS.) MARY WASSON, Care Ed. Green, 1722 S. 17th St., Phila., Pa.

(Above abbreviated; more on request.)

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